

“Though no one

can go back and make a

brand new start, anyone

can start from now and

make a brand new ending.”

—Author Unknown



The State Health Plan
PREVENTION PARTNERS

The South Carolina Employee Insurance Program
State Health Plan Prevention Partners Program



**BlueCross BlueShield
of South Carolina**

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*Managing for
Tomorrow™*



MANAGING FOR TOMORROW®



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Managing for Tomorrow can help you put your future in good hands — your own.

When you have a chronic condition, taking care of yourself can be challenging. If you're like most people, you do about 95% of the care yourself — from taking your medications on time to going to the doctor for check-ups.

But, there's a lot more to managing a chronic condition. Being a good *self-manager* starts with understanding your condition and your doctor's plan of care. It's a 24-hours-a-day, seven-days-a-week effort.

That's why we have a unique program just for you. If you're a BlueCross BlueShield of South Carolina member who has heart disease, diabetes or asthma, then you may be interested in *Managing for Tomorrow*. This free health management program will help you learn more about your condition and ways to improve your health.

Here's How It Works

- You may receive an invitation for *Managing for Tomorrow* in the mail. If you don't receive an invitation, but still would like to be in the program, either you or your doctor should call us **toll free at 1-800-925-9724**. To qualify, we'll need to get some medical information from you first.
- Your invitation will include a special Personal Identification Number (PIN). You will need this PIN to complete a confidential health survey.

- Complete the health survey either by phone or online. Access the health survey any time of day or night. Paper copies of the survey are also available.

■ Once you complete the survey, you are enrolled!

Your answers will aid us in preparing a special health management kit for you. It will include personalized health information. After you complete the survey, we'll mail the kit to you in about 10 days.

In It Together

If you have any special needs, a *Managing for Tomorrow* case manager will call you. Our case managers are registered nurses experienced in disease management. You will work together over the phone to set goals for improving your health. In addition, your case manager will work with you and your doctor to develop a self-care plan.

Having a great support system in place also is an important part of managing your condition better. Your case manager can assist you with this.

The Costs of Living With A Chronic Condition

Living with a chronic condition can be costly. Medications can be expensive. Unnecessary doctor visits can add up. And even missing work or school can take their toll.

By wisely following your doctor's plan of care and improving your self-management skills, you can stay in control of your symptoms. Most importantly you can delay or even prevent many of the complications of a chronic condition by taking good care of yourself today.

Tips for Taking Control

You are the only one who can take responsibility for your health. No matter what kind of chronic condition you have, learning more about it and how to control it better is an important first step. Here are some quick tips on how to take control:

- Lose weight. Shedding just a few unwanted pounds can dramatically improve your health.
- Work with your doctor to create an exercise plan and meal plan that will work for you.
- Stop smoking. Smoking is the most common cause of death that you can prevent.
- Avoid things in life that can trigger symptoms.
- Learn more about any medications you take. Find creative ways to remember to take them every day.
- Recognize early symptoms or warning signs of your condition worsening.
- Have an emergency action plan in place.
- Learn more about your condition and educate your family, friends and coworkers about it.
- Avoid situations where you may be tempted to do the things you know you shouldn't.
- Join a support group specific to your condition.
- Visit our Web site at www.SouthCarolinaBlues.com for resources and tools. Click on the "Building Better Health" link and select "Self-Care Channels."
- **Call us toll free at 1-800-925-9724 to enroll in *Managing for Tomorrow*.**